

THE LESSONS

1. The Importance of Belonging
2. Basic Principles of Positive Parenting
3. Understanding Your Child's Behavior
4. Preventing Challenging Behavior
5. The Role of Frustration and Anxiety
6. Teaching the Behaviors You Want to See

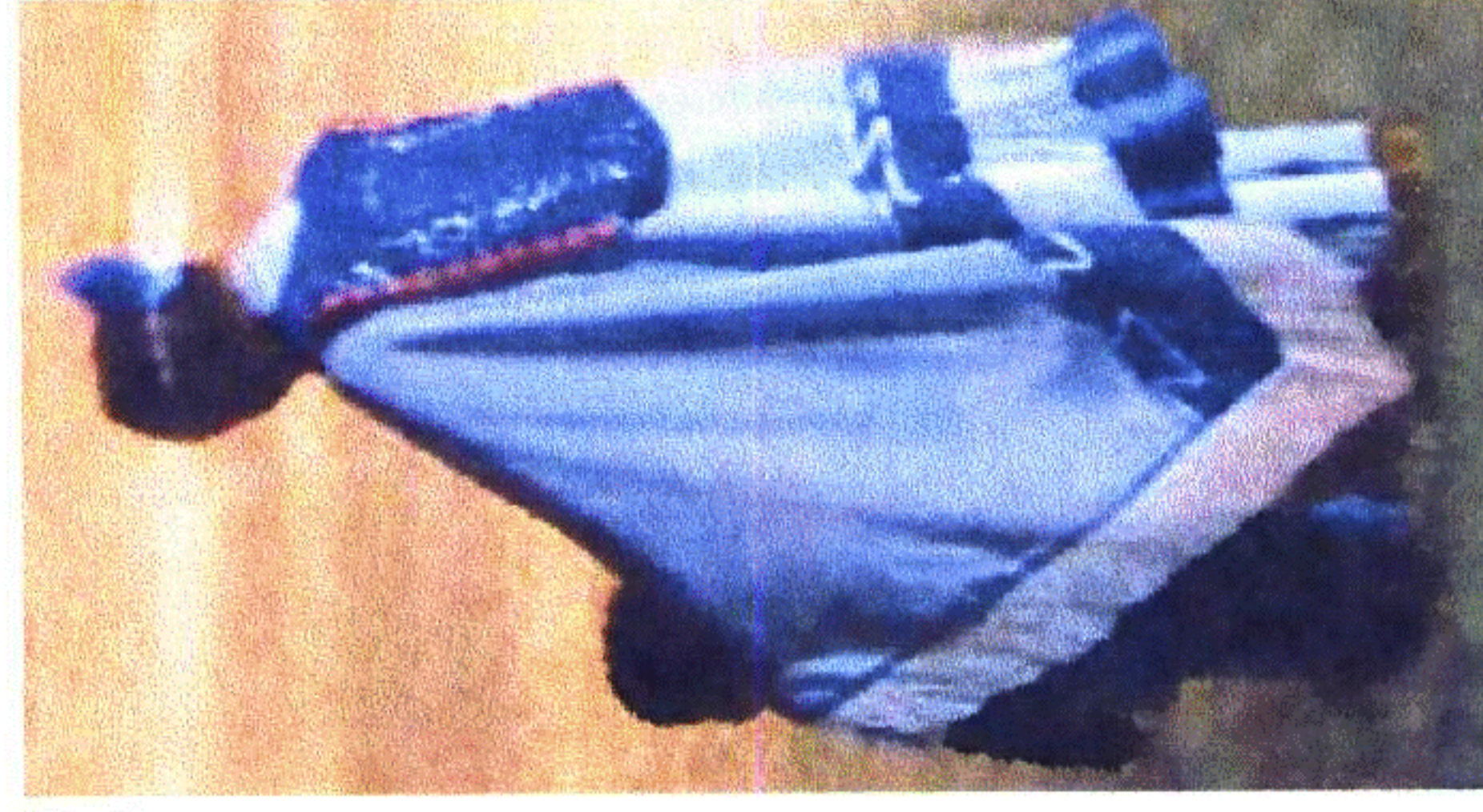
POSITIVE BEHAVIOR SUPPORTS

Raising a Nation is based on the principles of Positive Behavior Support (PBS) where parents help children change their behavior by understanding the motivators of behavior, preventing problem behaviors, and teaching new appropriate behaviors.

The guiding principles of PBS state that behavior management should be:

1. Respectful
2. Educational
3. Gentle
4. Preventative
5. Individualized

Teaching children appropriate behaviors is an ongoing process where children are given choices and are treated with dignity and respect.



FAMILIES TOGETHER FOR PEOPLE WITH DISABILITIES

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RAISING A NATION



PREVENTING

UNDERSTANDING

TEACHING

A PARENTING
CURRICULUM FOR
NATIVE AMERICAN
FAMILIES



THE PROGRAM

Raising a Nation has been developed using positive behavior supports and tribal legends. Parents will learn parenting strategies that will help them change behaviors in challenging children and relate those strategies to tribal legends. All the materials presented in each lesson are based on non punitive ways to raise children.

THE LEGENDS

Each lesson includes a legend that relates to the parenting strategy that will be discussed in that lesson. While it is recommended that the legend be read at the beginning of the session, it can be introduced at anytime during the session.



One goal of Raising a Nation is to encourage parents to read to their children

and to tell other legends to their children. Children's books with legends are also introduced so that parents can have those to read to their children.

LEARNING TOGETHER

Raising a Nation can be used during home visits with preschool children or in small groups with a mentor or a facilitator.



The facilitator can be a behavior specialist or an early childhood home visitor who is trained in using the curriculum. The lessons can be taught in any order. It is good to let the family decide the order.

THE FACILITATOR

The parenting lessons are guided by a facilitator who is familiar with positive behavior supports and tribal legends. The six lessons include all the materials needed to teach the lessons. The facilitator is there to guide the lesson, conduct the activities, and help the parents complete the worksheet.



UNDERSTANDING

why behaviors happen

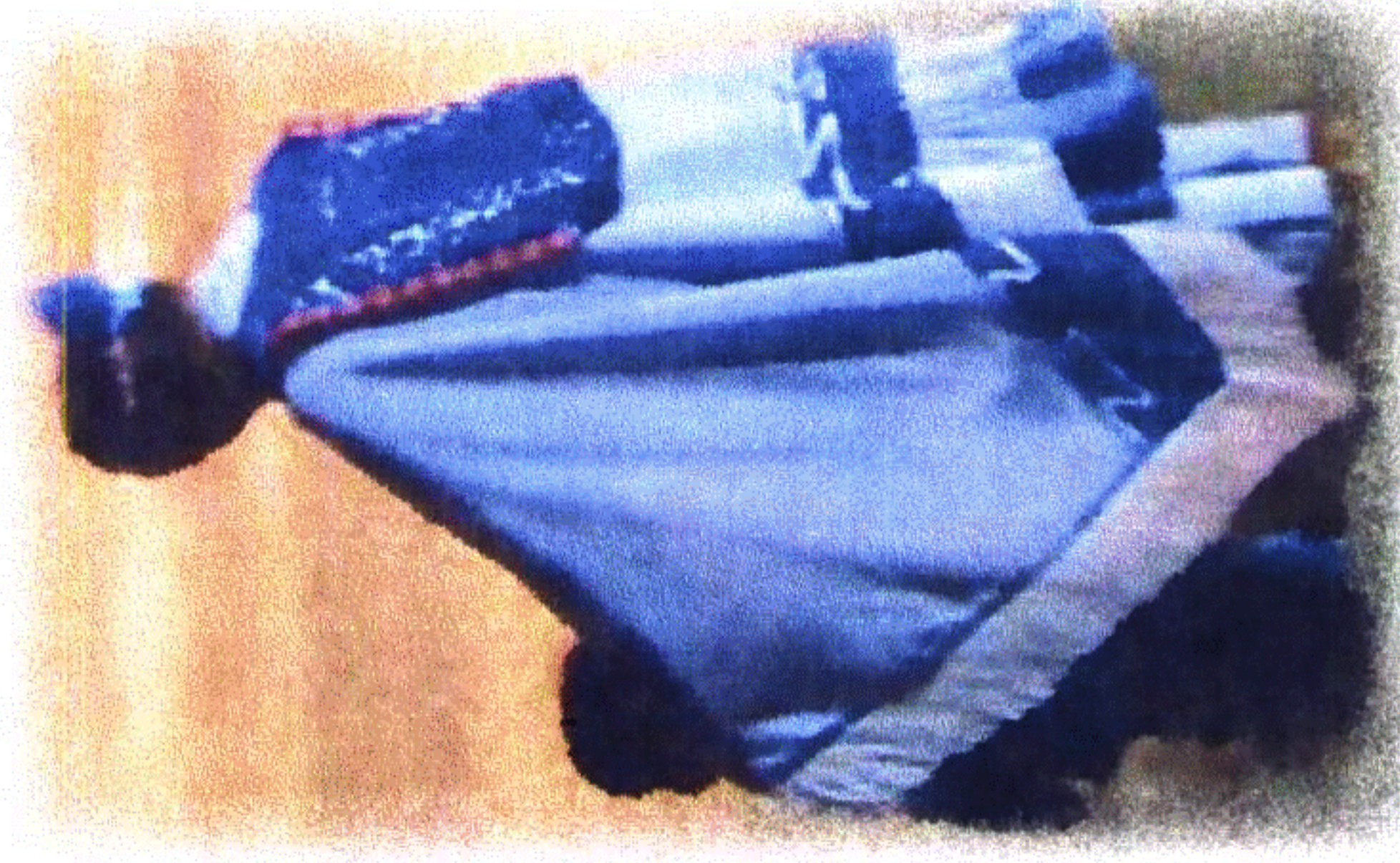
TEACHING

new behaviors

PREVENTING

inappropriate behaviors

PARENTING CURRICULUM



RAISING A NATION

